

Martial Arts 1st PR

Optimus Brazilian Jiu-Jitsu · September 06, 2026



OPTIMUS

BRAZILIAN JIU-JITSU

LAGUNA NIGUEL, Calif. – September 6, 2026 – Optimus Brazilian Jiu-Jitsu, an academy based in Laguna Niguel, California, continues to offer adult and youth training programs in Brazilian jiu-jitsu, mixed martial arts, and kickboxing at its South Orange County facility. The academy is led by Grant Collins, a 4th degree black belt and two-time national champion, along with a team of instructors trained in CPR and first aid.

Optimus BJJ organizes its adult classes around a systematized jiu-jitsu curriculum designed to take students from beginner fundamentals through advanced technique. Classes open with calisthenics and stretching before moving into technique and live training, and the academy reports that students commonly burn more than 1,000 calories during a single session. The program is built for people seeking a structured approach to martial arts, whether the goal is fitness, self-defense, or long-term skill development.

The academy trains on a sub-floor mat system designed to cushion falls and throws, and the facility is sanitized daily. New students can begin with a complimentary private lesson taught by Collins himself, an introductory format the academy uses to walk beginners through fundamental self-defense movements before their first group class.

Beyond its adult Brazilian jiu-jitsu program, Optimus BJJ also operates a kids' jiu-jitsu program for students ages four and up, along with mixed martial arts and kickboxing classes taught by additional coaching staff. The academy says it regularly hears from residents searching for “martial arts near me” in South Orange County, and positions its multiple program tracks under one roof as a way to avoid training at separate facilities for different disciplines.

“Our goal is to give every student, whether they are four years old or forty, a clear path forward in the art,” said Grant Collins, head instructor and owner of Optimus Brazilian Jiu-Jitsu. “We built our curriculum so nobody has to guess what comes next.”

For adults specifically, the academy's adult martial arts classes are structured to serve both newcomers with no combat sports background and students transitioning from other disciplines. The curriculum is

designed to carry students step by step from white belt fundamentals toward black belt-level proficiency, supported by an active training video library and a published belt rank and attendance tracking system.

The academy publishes its full class schedule online so prospective students can review available times before visiting in person. Optimus Brazilian Jiu-Jitsu is located at 31151 Niguel Rd., Laguna Niguel, CA 92677, and can be reached at (949) 481-2511.

Program details, class descriptions, and the current schedule for Adult Martial Arts are available on the academy's website, with the adult curriculum outlined directly on the martial arts program page. Residents searching for "martial arts near me" in the South Orange County area can review class times through the academy's published schedule before scheduling a complimentary introductory lesson.

About Optimus Brazilian Jiu-Jitsu

Optimus Brazilian Jiu-Jitsu is a martial arts academy in Laguna Niguel, California, offering adult and kids Brazilian jiu-jitsu, mixed martial arts, and kickboxing classes under the direction of 4th degree black belt Grant Collins. The academy trains students from beginner through black belt using a structured, systematized curriculum in a daily-sanitized facility.

Media Contact

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Video

<https://www.youtube.com/watch?v=Ja7vvCxLjUw>

For more information about Optimus Brazilian Jiu-Jitsu, contact the company here:

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